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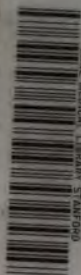
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HEALTH-EXERCISE:
A DISCUSSION
OF
THE RATIONALE AND PRACTICE
OF
BUTLER'S LIFTING CURE.

BY LEWIS G. JANES,
PHYSICIAN AND INSTRUCTOR AT CURE,
No. 830 BROADWAY, N. Y.

"Habitual exercise is the CAUSE and CONDITION of that vital renovation
of parts, which is the SOURCE and MEASURE of constitutional vigor."
YEOMANS.

NEW YORK:
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HEALTH-EXERCISE.

INTRODUCTORY.

THE Medical Profession has long recognized the remedial influence of proper exercise, as well as its invaluable agency in preventing disease, and various expedients have been devised and prescribed to secure its benefits. Pedestrianism, the Gymnasium, Horseback riding, Rowing, Calisthenics and the Movement Cure have each had their day, and are still resorted to, serving a good purpose, no doubt, as an aid to the development and use of the *vis medicatrix naturae*.

I propose briefly to present the claims of BUTLER'S LIFTING CURE, as a safer, more complete and more economical system of exercise than any other, commending itself particularly to the medical profession as an exercise *requiring little time*, admitting of *accurate prescription* to patients, fulfilling all the conditions of well-directed physical training, with safety from over-exertion and injury.

Unconnected with other questionable appliances or methods of treatment, it respectfully courts the investigation of all physicians who would have within reach, an exercise which they can recommend, without fear of interference with their line of practice in other directions. No longer a subject of experiment, but illustrated by more than a thousand living demonstrations of its beneficial and curative effects, endorsed by many eminent physicians and teachers in all branches of the

medical profession, the Lifting Cure yet makes its strongest appeal no less to the common sense of the practical man and woman in every walk of life, who value *health* as the greatest of earthly blessings, than to the intelligent medical practitioner. To the Medical Profession with whom we act, and on whose coöperation, in a great measure, we depend, and to all others in search of the best means for regaining and preserving health, I commend this synopsis of its rationale and practice.

HONOR TO WHOM HONOR IS DUE.

To the inventive genius, diligent labor and patient perseverance of Dr. D. P. Butler, of Boston, more than all others, the public are indebted for the perfection of the apparatus and system of exercise known as Butler's Lifting Cure. In this he was aided by the invaluable assistance and philosophical and systematic mind of Dr. Joseph H. Swain. Nor are we unminful of the services rendered by Dr. Geo. B. Windship, who first turned public attention to the value of lifting as an exercise and others who have aided in presenting it to the world. If Dr. Windship, using a cumbrous and imperfect apparatus, neither adequately recognized its *curative* effects, nor separated it, in application, from the crude and imperfect appliance of the old gymnasium. Dr. Butler, on the contrary, was the first to see clearly and proclaim the important and *fundamental* of *coöperative action*, and conscientiously labored to perfect an apparatus whereby the whole body should receive sufficient effectual exercise by a *simultaneous effort of every part*, economizing time, and enhancing the beneficial influence of treatment. This principle of coöperative action in exercise I believe to be of the utmost importance. Without it, in exerting different portions of the frame unequally, there is greater liability to strain, rupture and injury. Partial e

long continued, must result in unequal and abnormal development of the parts thus severely taxed, necessarily *at the expense of some other part or parts*. But it will be seen from the following explanation, that proper lifting taxes *every portion of the human frame*, giving to each part its due share of exercise, the weaker being aided and supported by the stronger, and all working together powerfully and harmoniously. Will, mind and body strive at once for increase of power, and that regulated action which in its ultimatum is *perfect health*.

The Medical Profession, as we have before said, for centuries have commended exercise as a remedial agent. But recognizing the *necessity* of exercise, no adequate means have been devised for making it sufficiently available. This Dr. Butler has enabled us to claim for the Lifting Cure, which we present, not as an experiment, but in the clear light of accomplished fact, as an exercise, complete, thorough, graduated to all persons and conditions of strength and health, from the most delicate child or invalid, to the most robust man or woman. The physician may measure and prescribe it with even greater accuracy than his medicine or other hygienic treatment.

The idea of *lifting* as an exercise may be repugnant to many, from a false conception of the position of the body and mode of action. It is usually connected in the mind with the idea of stooping, or bending the body in an unnatural and constrained position, and with an effort which would result in injurious strain or over-exertion. Nothing could be further from a true conception of this beautiful application of the laws of physical culture. To *lift heavy weights*, is not the prime object of this treatment; but the action should always be graduated to the condition of the patient. We propose briefly to explain why proper lifting is the *most perfect exercise* for a human being, and how it aids in effecting a cure of chronic, acute and organic diseases and deformities.

FIRST—ITS ADAPTABILITY TO THE BONY STRUCTURE.

Various forms of apparatus for lifting graduated weights have been in use, from the rude appliances of the ordinary gymnasium, Windship's combination of scale-beam and yoke-lifting machine, the ordinary spiral spring machine, and the side-lifting apparatus invented by Dr. Butler but used chiefly by Dr. Reilly of Chicago, to the apparatus now in use by Dr. Butler at his Cures, which from long experience, and practical tests upon more than a thousand patients, I believe to combine more excellent features than any other. Dr. Butler thus describes his system of exercise: * "The lifting apparatus comprises a substantial table, through the centre of which passes an upright rod, upon which the weights rest. This rod is raised or lowered by means of a screw, to obtain the exact height for the most perfect leverage for each individual. The screw passes through a nut resting upon a rubber ring, which is attached to a spring resting upon the table. Underneath the platform is a series of semi-elliptical springs, which are depressed as the weight is taken upon the body. Between the joints of the machine are inserted artificial cartilages of rubber, which, with the springs, prevent sudden and abrupt action or strain, and bring the apparatus in harmony with the individual. Each of the four legs of the machine rests on balls, bedded in rubber at top and bottom, thus allowing perfect freedom of oscillation, and harmonizing the action of the machine with that of the body, in lifting. The lifters, which, with all the apparatus, is patented, is so adjusted that the hands, acting in opposite directions, receive the weight along a mathematical line passing through the centre of its base, thus securing perfect adjustment.

* The Lifting Cure. By D. P. Butler. Boston: 53 Tr

"In lifting, the patient stands upon rubber plates attached to the platform of the table, directly over the upright rod, which is surmounted by an eye, or socket, containing a pivot directly over the centre of the weight. Through this socket passes the lifting-bar,—a wooden cross-piece padded with buckskin, adapted to the form of the hand, and so adjusted, that the pupil, grasping the handles as he stands astride the bar, with his spine directly over the rod, his shoulders in a perpendicular line with the hips and feet, and his head thrown back, takes the weight upon a straight line passing along the handle, and through the centre of the pivot on which the handle is pressed. Thus the mechanical law relating to the adjustment of the weight to the body by means of the cross-piece is fulfilled, and the weight bears equally on every part of the body. It is important for all these conditions to be fulfilled, that the effect upon the body may be perfect and complete. In our earlier experiments we tested thoroughly the effects of lifting by means of side-handles and rods, but finding that it precluded a perfect centralization of the weight and allowed an unguided lateral swaying movement, favoring a forward projection of the upper part of the body with a cross-strain the whole length of the spine and muscles of the back, with unequal action upon other organs, we overcame these difficulties by the invention of the single rod now in use, which centralizes the weight, so to speak, bringing it under perfect control, is conformed to the anatomical predisposition of the body to lift weights in front, as in ordinary labor, and gives to each part its due proportion of exercise. Our experience has demonstrated that the relative positions of the handle, pivot, socket, and rod, with the body, cannot be in any way changed with equally beneficial curative results.

"The proper height of the rod, being ascertained upon the first exercise, should be secured at each succeeding exercise by

exact measurement. The weight, resting by means of the iron nut upon the spring in the centre of the table, should be raised two or three inches clear of the spring when the body is erect, and the knees fully straightened. The greatest care should be observed in obtaining the correct position and adjustment of the body, no less in lifting the lighter than the heavier weights. The ankles should be about opposite the rod, the foot supporting the forward hand slightly in advance of the other. The spine should be erect; the top of the shoulders well set back; the centre of the chest fully rounded out; the feet, hips, and shoulders in a perpendicular line; and the weight should be raised very slowly, followed by the spring, until a complete coöperation of all parts of the body has been attained; when the weight is raised free from the spring, and becomes a perfect dead-weight. Then this action is reversed, the weight being lowered as slowly as it is raised, avoiding any sudden or abrupt action. Thus we secure all the advantages, and none of the disadvantages, of perfect spring and dead-weight lifting. There is complete adjustment, thorough coöperation.

“The position brings the body as near as possible into perfect shape; the manner of lifting distributes the weight coöperatively over the whole body, giving each organ and muscle proper action, and developing the whole harmoniously. Commencing with a weight not more than half as large as the weight to be raised at last, he should lift, usually, from four to six times. The first addition should be one-half the total amount to be added; the second, about two-thirds of the remainder; the third and last, always the least. Between the successive liftings, the patient should take sufficient time to rest, ranging from one to five minutes or more, according to the weight lifted; for invigoration follows from successive periods of rest and reaction, not from actions following each other in succession. This would tend rather to exhaust; but

cise, as a whole, should, in every instance, leave the pupil invigorated, not exhausted.

"Commencing, in the first exercise, with a weight fully within the control of the patient, an addition of from five to ten pounds may be made on each succeeding exercise-day, until the maximum weight is considerably increased, and the attendant instructor perceives, from the manner of lifting and symptoms of the patient, that he should proceed no farther at present; then, on the succeeding exercise, his highest weight should be reduced about one hundred pounds in most cases, and he should again grade up as before. In some instances, it may be well to grade downward five or ten pounds each day, reversing the process of the ascending grade to the extent of fifty or one hundred pounds."

In lifting on this apparatus in this position, the body is perfectly upright, and the long bones of the limbs and the vertebral column are brought into proper relations for sustaining the greatest possible weight with safety. The *femur*, *tibia*, and *fibula*, the long bones of the leg, act as a column of levers, in the direction of their greatest strength. The toes being turned well out and the knees bending outward, the *femurs* support each other in their pelvic sockets *like an arch*, the strongest mechanical position, instead of pressing backward and outward as in side and shoulder-lifting. The *vertebrae* act as a perpendicular column of levers, protected by their intervening cartilages, which are compressed and consolidated in their action, instead of being separated, as in stooping, thus overcoming curvatures and deformities of the spine. The long bones of the arm, the *humerus*, *ulna* and *radius*, with the bones of the wrist and hand, one back and the other in front of the body, sustain the weight in the direction of their greatest strength, *in a central position beneath the body*, allowing proportionate exercise to the muscles and viscera of the front figure, instead of

giving a greater proportionate labor to the spine and muscles of the back, as in side and yoke-lifting. The point of suspension being as near the termination of the spine as possible, the weight is perfectly controlled, swaying with the body and bearing equally on every part, instead of allowing one side to lift more than the other, as is the liability of side-lifting. The strength of the hands is the measure of the power of raising weights, acting as a natural safeguard against over-exertion, the greater liability of shoulder-lifting. All the parts work harmoniously together, each sustaining its due proportion of labor, rendering the exercise perfectly safe, to the utmost limits of endurance, under a proper system of training.

SECONDLY—ITS ACTION ON THE EXTERNAL MUSCLES.

As with the bones, so also with the muscles. Dr. Reilly, of Chicago, speaking of the side-lifting apparatus, says: "Ten or twelve minutes health-lifting exercise, once a day, is found, after years of experience, to be amply sufficient to keep the body in good physical condition. This anomalous result due to the simultaneous use of over four hundred of the hundred and twenty-seven muscles of the human frame."

Dr. Butler may well claim that, with his apparatus, *every muscle* of the body receives its appropriate share of exercise for it is by no means uncommon for patients to perceive muscular contraction upon the neck, face, scalp and elsewhere as the parts in more immediate approximation to the weight.

Nearly all the large muscles are acted upon *in the direction of their greatest length*, as are many of the smaller ones. the muscular coating of every minute vein and artery pressed, with powerful and beneficial effect upon the circulation as will be seen hereafter. The abdominal muscles, etc.

most powerfully, not only enable patients afflicted with *hernia* to exercise with perfect safety, but we have actually *cured* inguinal hernia, so that the patient has laid aside the truss after using it many years. There is not only no danger of injurious strain or rupture in proper lifting, but it furnishes the most hopeful prospect of an entire relief. So also, in cases of excessive abdominal deposit of adipose tissue, the tendency is always to solidify the flesh, and restore the natural proportions.

This powerful coöperative pressure of the external muscles upon the *viscera*, produces a mechanical action of those organs, more complete and effective than can possibly be derived from any partial or special application of exercise. This will be further demonstrated hereafter.

The fact that the entire muscular system is thus completely and thoroughly exercised *in a few minutes, without fatigue*, renders the Lifting Cure the briefest and most economical exercise for our business men, professional men, students, and all persons of sedentary habits, who are suffering from dyspepsia, nervousness, debility, and the long train of attendant ills, and who are debarred from ordinary exercise for *want of time*. It is also the surest *preventive* of these difficulties.

Rheumatism and all diseases of the muscular tissue here find their appropriate relief. The muscular power thus gained, is available, not only in lifting weights, but in whatever direction its exercise may be called forth.

THIRDLY—ITS EFFECT ON THE VISCERA.

The chief value of the Lifting Cure as a remedial agent does not depend upon the exercise which it furnishes to the external muscles. A large proportion of the maladies which afflict humanity, and that, too, most dangerous to life and

destructive to health, has its seat in the *viscera*—the internal, or *vital organs* of the body.

It is a well-known physiological fact, that each organ has its proper *action*; hence, its *nerves*,—avenues for conveying the vital forces,—and its *muscular tissue*, which, by its power of expansion and contraction, furnishes the medium for this action. These organs are connected, directly and indirectly, with the external muscular tissue by *muscular attachments*. Thus, when the external muscles are brought into powerful, coöperative action, as in lifting slowly, properly graduated weights, not only the exterior tissue, but *the vital organs themselves*, receive their appropriate share of the exercise, and as really aid in lifting as the *biceps* or *rectus*. Thus, in lifting in a natural position, the strength of the human being, like that of a chain sustaining a weight, is tested by the strength of its *weakest link or part*; whether it be the hand, the leg, the spine, the liver, or the kidneys. Thus, also, the Lifting Cure becomes invaluable in the diagnosis of disease, unerringly indicating the weak or affected part.

The unnatural postures which many of the occupations of life are apt to induce, as bending over books and sewing-machines, bring the body into injurious and constraining positions and are themselves sometimes sufficient to cause serious disease. The Lifting Cure, on the contrary, causing the body to assume its normal, upright posture, the external muscles the weaker viscera in regaining their natural places, and the viscera themselves gaining strength by gentle and appropriate exercise, furnishes the most complete and effective cure of *prolapsus uteri* and all visceral displacements, by the cause induced.

FOURTHLY—ITS EFFECT ON THE CIRCULATION.

The action thus described upon the muscular and vital systems, reinvigorates the frame through its influence on the circulation.

Proper *nutrition* is essential to the preservation of health, and an indispensable element in the cure of disease. To secure it, it is necessary, 1st, to supply the system with wholesome food in proper quantities; 2d, to give strength and well-regulated action to the organs of the body, thus securing a healthy circulation of the blood. However healthful the food, unless the organs are powerful and healthy, it cannot be properly digested or assimilated.

Defective circulation, if not a cause, is an accompaniment to nearly all forms of chronic or acute disease; and if we can secure, through the medium of exercise, a uniformly healthy action and circulation of the blood, we strike at the root of the difficulty and must accomplish its cure. The external symptoms are but the effort of Nature to accomplish this object. If we can aid her by freeing the channels from impurities, and cause the vital tide to flow unobstructed through every part, we furnish the means of most speedy relief. This the Lifting Cure most certainly accomplishes. As it gives to every part its proper share of exercise, its first effect is equalization. This influence of exercise obtained through the Lifting Cure, on the circulation and vital processes, and which no other exercise gives in so great perfection, has been so well summed up by Dr. Wm. Jay Yeomans in his work on Physiology and Hygiene,* that I transcribe an extract from its pages.

“EFFECTS OF REGULATED EXERCISE.—All those vital processes which are essential to life, as digestion, *circulation*,

* Elements of Physiology and Hygiene. Huxley & Yeomans. New York: D. Appleton & Co.

respiration, secretion, are carried on independently of the will, and give rise to a large and constant amount of activity in the system. But labor and exercise are performed by calling into action an additional system of agencies—those of the voluntary muscles—and to maintain these in a state of activity, involves an extra requisition upon the various involuntary organs. As the materials of the body are derived from the substance of food, so all vital power is derived from the force stored up in the food. Organic matter is in a state of molecular tension, and, when decomposed, these tensions are given out in the form of physical forces. Food is organic matter, suited to undergo assimilation, and then to give out its molecular tensions in various forms, as animal heat, *muscular power*."

Mark well the bearing of the following paragraph on our subject: "It follows, that in work, or exercise, *the voluntary muscular system draws upon the involuntary functions for its supply of energy; and hence, IN PROPORTION TO THE FORCE EXPENDED, IS THE GENERAL EXALTATION OF THE VITAL PROCESSES.*"

The Lifting Cure produces preëminently this vital exaltation and action *without exhaustion*, instead of calling out muscular energy at the *expense* of the vital, as do other long continued and more violent exercises.

To quote again from Dr. Yeomans, "As the circulation ministers immediately to all the functions, its energy rises and falls with their activity. *Exercise* increases the movements of the heart in both force and frequency, and accelerates the flow of blood through all parts of the body. The circulation is also aided by the contraction of the voluntary muscles which by pressing on the walls of the veins, tends to force the current of blood. Moreover, this increased activity of circulation meets the increased demand of the muscular material, to renew the disintegrated structures; and

speedily effects the removal of waste products, by rapidly transferring them to the proper eliminating organs. Thus, the complex stream from which the nutritive materials are constantly drawn, and into which waste matters are constantly poured, is directly affected both in its composition and rate of movement, by the state of action of the voluntary muscles.

“Exercise, also, it is well known, heightens the calorifying functions. It is through the increased activity of the circulation that the body is warmed by exercise.”

These beneficial effects, which are partially and imperfectly obtained from ordinary exercise, are obtained more perfectly and completely from the coöperative effort of lifting. Instead of causing a congestion of the large arteries, with injurious effect upon the brain, as is sometimes the result of misdirected exertion, the Lifting Cure increases chiefly the *capillary action*, clearing out the impurities which may have been lodged in the various ramifications of the venous and arterial network, and causing a delightful glow and exhilaration to the patient. It is wonderful to observe the potent influence of this treatment upon the skin and complexion. If yellow with jaundice or bile, overburdened with effete matters and obstructions, it shortly becomes clear and beautiful, acquiring the natural glow of health.

FIFTHLY--ITS EFFECT UPON THE BRAIN, THE NERVOUS SYSTEM AND THE MIND.

Even more potent than the action of the Lifting Cure on the muscles, the viscera and the circulation, is its effect upon the brain and nervous system. To this influence, in a large measure, is its curative value due. Dr. Butler's remarks, in his work on “The Lifting Cure,” upon this effect of the exercise have been somewhat criticised, and the possibility of its producing a marked influence on the brain and mind has been

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denied. Hence it may be well to note here the words of Dr. Yeomans on the connection of body, brain and mind, which, it will be seen, completely support the position of Dr. Butler, and emphasize the importance of well-regulated exercise in securing healthy mental action.

"Nature," he says, "presents the problem, not of mind separate, but of mind and body bound up in a living unity, and the physiologist must take the question as he finds it."

Again: "It is now universally admitted that the brain is the grand nervous centre of thought and feeling—the *material instrument of the mind*, and that all mental actions *are accompanied and conditioned by physiological actions*. From the high complexity of composition of nervous matter, it is extremely unstable and prone to change. The brain is therefore not only, *like all other parts of the body*, subject to the double metamorphosis of waste and repair, but the transformations take place in this organ with more rapidity than in any other part of the system. * * * *If the cerebral circulation is lowered, mental activity is diminished; if accelerated, the mind's action is exalted.*"

Again: "It is important to note, not only that the mind and body are both governed by laws, but that they are to a great extent governed by the *same* laws. Whatever improves the *physical qualities* of the brain, improves also the mind whatever deteriorates the brain, impairs the mind. They have a *common development*, are equally increased in vigor, capacity and power by *judicious exercise*, and are alike injured by deficient or excessive effort. * * * As thus the mind is dependent upon the conditions of the brain, *while the brain is controlled by the bodily system*, we see how impossible it is to deal with mental powers in a practical way without taking the mind's organization into account." * * * "As bodily and health depend in a great degree upon the same conditions

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that has been said concerning the sanitary influences which affect the corporeal system, has likewise its bearing upon health of mind."

It is well known that there is no cause of disease more powerful or more prevalent than derangement of the mental or nervous forces. A sudden shock, as when one unexpectedly hears of the death of a dear friend, will disturb the secretions, send the blood back from the extremities to the heart, and is sometimes of itself sufficient to cause serious physical disease. The severe strain upon the nervous system during the late war, the conflict and excitement of a population devoted to speculation and trade, are potent causes of disease, premature old age and death. Our lawyers and statesmen are struck down suddenly, in the prime of life, from over-mental exertion. How, then, shall we reverse this process, and use the nervous forces to reinvigorate and reconstruct the human being?

The Lifting Cure does this primarily through the concentrated, harmonious and powerful action of the *will*, through the *nerves*, upon the *muscular tissue*. All *action* originates in the brain, and is initiated through the action of the will on the nerves. In lifting properly graduated weights, increasing them slowly but surely from day to day, the will is constantly demanding increased action of the nervous forces, and they in their turn transmit the errand to the muscular tissues. Were it not for this constant, unvarying connection between will and nerve, nerve and muscle, muscle and blood, we should seek in vain for any curative result, or, indeed, for any result whatever. In this too much neglected, too little comprehended department of nervous energy we find the tap-root of our tree of life. Here must our constant culture be applied.

It is found by long experience, that, if the mind fails to become interested in the treatment, if the patient wants confidence, and hesitates, the cure is more doubtful and its accom-

plishment is delayed. But here, also, is indicated the chief excellence of our treatment ;—that in calling on will and nerve-energy by ever increasing demands, and *never exhausting it by over action*, a harmony is finally established between nerve and muscle and circulation, that trinity which composes the physical being of the wonderful unit—MAN ; by which his fell enemy, Disease, is most surely conquered and overthrown.

The perceptible increase of power, as measured by the steadily increasing capacity for lifting weights, gives a confidence and sure encouragement to the patient, the value of which can hardly be over-estimated. In *no other* treatment or physical exercise can we *measure* this power, and determine its augmentation from week to week. This is not merely a test of muscular power, but of *vital soundness*, or health. Encouraged by increasing strength, and corresponding gradual decrease of unfavorable symptoms, the patient perseveres in obeying the laws of health, which is the essential condition to the complete eradication of disease.

The renewed energy given to mind as well as body, aids greatly in overcoming pernicious habits. Many of our patients, under this influence, have discarded tobacco and stimulants without material discomfort or inconvenience, and it is needless to say, with great benefit to mental and physical health.

SIXTHLY—ITS CURATIVE EFFECTS.

Accepting our explanation of the effects of the treatment on the muscles, viscera, circulation and nervous system, modus operandi of its curative influence will be readily perceived. Admitting its superiority as an *exercise*, it is unnecessary to urge farther its curative value, to intelligent physicians and physicians. Galen wrote, long ago,—“If disease hold of the body, there is nothing so certain to drive it as *diligent exercise*.”

Dr. Yeomans, from whom I have quoted before, says : "If thus exercise be an essential condition of health, and the want of it a fruitful cause of disease, it is obvious that *only by the reëstablishment of the needed exercise* can health be regained."

This principle has long been received by the medical profession. In submitting the Lifting Cure as the most available, systematic, safe and agreeable form of exercise, we are simply supplying a method whereby physicians can secure this most desirable aid. It will readily be comprehended that a system of treatment which thus acts directly on the centres of vitality, aiding the natural processes of digestion, excretion, circulation and nervous energy, freeing the system from impurities and giving tone and life to the weakened organism, must be most effective and *permanent* in its results. Its method of cure in organic diseases, is, through the stimulation and strengthening of the natural processes, to *create new organs*, uncontaminated by disease, unpoisoned by effete and decaying matters. Throughout the whole range of *chronic diseases*, we have met with unvarying success.

Where the difficulty is simply *weakness*, the Lifting Cure removes it by giving strength.

Where *deformity* exists, the Lifting Cure, by bringing the body into perfect position, under the stimulus given by properly graduated and increasing weights, tends always to remove it.

Where *displacement of organs* has resulted, from whatever cause, the Lifting Cure, by restoring them gradually to their natural position, and strengthening them, with their adjacent muscles, has proved most effectual as a cure.

Where *congestion*, or *unequal and torpid circulation* deranges the system, the Lifting Cure, by its harmonious and powerful influence, cannot fail to promote equalization and healthy action.

Where *pain* exists, resulting from congestion or unequal nervous action, the Lifting Cure, by equalization, quickly removes the difficulty.

Where there is *nervous debility*, from over-mental action or excess, the Lifting Cure, by presenting proper physical exercise, quiets, and restores the true equilibrium between body and mind.

Where *digestion is impaired*, or constipation exists, the powerful and beneficial action of graduated lifting speedily produces relief.

In *diseases peculiar to women*, the Lifting Cure, by furnishing proper physical and mental stimulus, has proved most efficient as a method of cure.

In *consumption* and lung diseases, the Lifting Cure, by its influence on the circulation and nutrition, and the powerful and healthful action of the lungs which it induces, furnishes a most potent aid both in prevention and cure.

From all *humors*, the Lifting Cure, by its influence on the circulation, purifies the body.

In many *acute diseases*, if applied in season, the Lifting Cure furnishes immediate relief.

As a *preventive* of disease, the Lifting Cure furnishes the simplest, most effective and most available means.

In short, by presenting an agreeable form of exercise, capable of so gentle application that the most delicate invalid can safely attempt it, and, on the other hand, becoming the most powerful agent known, for physical culture and development, it is available to *all who need bodily exercise*—and who does *not* need it?

It works in harmony with all Hygienic agencies.

It invites the attention of all who seek restoration to *health* or an increase of physical vigor.

We especially and respectfully ask the investigation

favorable consideration of the Medical Profession, aiming to supply a need, and furnish an efficient aid to them in their labors for the alleviation of suffering humanity.

To physicians, and all interested to inquire, we will be pleased to give verbal statements of the effects of the treatment in individual cases, covering a wide range of diseases, which, for obvious reasons, we do not insert here.

All desiring information, are respectfully solicited to call at our rooms, where every facility for investigation will be furnished.

Better than any theory or explanation, is the sure test of practical experience. To this we invite all who would know more of the Lifting Cure.

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